

Habitat Happenings

News and Events from **Runge Conservation Nature Center** • May/June 2013



Stinging Insects

*I'm bringing home my baby
bumble bee. Won't my
mommy be so proud of me?
I'm bringing home my baby
bumble bee. Ouch! It stung
me!*

—lyrics from *Baby Bumble Bee*

Missouri is home to a fascinating array of insects. Some of those insects like bees and wasps can sting as a means of protection. As summer approaches, people tend to spend time outdoors with more skin exposed; it is good to be aware that some insects sting and some do not.

Bees and wasps seem to be the biggest threat during the spring and summer months. Many of these insects are incapable of stinging; actually the females are the only ones with stingers. The bee will sting only once leaving a barbed stinger that continues to inject venom in the victim's skin. The bee has sacrificed itself and dies after one sting. Wasps, unlike bees, can continue to sting as it's stinger is firmly attached.

During spring and summer months there are many inquiries at the nature center about bees seen around homes and people; most likely they are carpenter bees. The male carpenter bee scouts for potential nesting sites in wood including wooden decks. Relax, the males are not equipped to sting and the females are typically not aggressive but will sting if trapped. The females are the nest builders and rarely come in contact with humans.



Although insects are commonly thought of as pests, one must take the time to realize their benefits in our everyday lives.

Bees are very beneficial insects to Missouri's natural communities by pollinating the wonderful flowers and other plants for us. Be aware of what stings and what does not. If stung by a bee or wasp an allergic reaction may be experienced at the site where stung. One remedy is to apply a paste of meat tenderizer and water which may ease the pain and itching. If experiencing dizziness, difficulty breathing, or nausea after a sting, seek medical attention for reaction to the venom.

*When the dog bites;
when the bee stings;
when I'm feeling sad...*

It can be fun to sing about these stinging neighbors of ours and understanding them better will make the out-of-doors a more enjoyable experience. Visit the Runge Nature Center to pick up a copy of *Common Missouri Wasps and Bees* to learn more about the stinging insects around you.

—Kathy Wildhaber, Assistant Naturalist

Volunteer News

New Volunteer Graduation

On April 4, 2013, 20 new volunteers joined the Runge Team. Please welcome the 2013 volunteer class to Runge: Samuel Baumer, Melissa Bedford, Travis Cain, Debbie Cornell, Dylan Davio, Stephanie Durbin, Kimberlyn Eversman, Abby Graham, Kristen Hirst, Cera Hurley, Michaela Kirk, Thom Kirk, Bill Kuensting, Crystal Lueckenhoff, Doug McClure, Colleen Mendenhall, Kent Moreland, Ethan Regan, Erin Skornia, and Lana Wong.



Volunteer Milestones

Congratulations to the following volunteers for the hours of service donated to the Runge Nature Center.

200 hours—Annelise Schulte
300 hours—Jeremy Rackers, Lynn Shively, Hannah Wood
400 hours—Andy Tribble
500 hours—Nanci Beck, Janet Ruse
750 hours—Anne Hutton, Bruce Berger
1250 hours—Linda Tremain
2000 hours—Jan Griffin
5000 hours—Kay Kasiske, Jim Smith

The Runge Conservation Nature Center is located on 97 acres in the heart of central Missouri. Come discover and enjoy the wonders of Missouri's habitats and its array of fish, forests, and wildlife. Runge CNC is located one-third mile north of Hwy 50 on Hwy 179 (330 Commerce Dr.).

HOURS:

Tuesday–Saturday: 8 AM–5 PM
Thursday: 8 AM–8 PM
Closed Sunday, Monday, and Thanksgiving, Christmas, and New Year's Day.

TRAIL HOURS:

Open 6 AM–9 PM

<http://mdc.mo.gov/regions/central/runge-nature-center>

Exhibitors

May/June

Cathy Johnson Watercolor

Lifelong Missouri resident Cathy Johnson has been sketching and painting her home state since she was a kid; family trips to the Ozarks are recorded in old photos of 7 year old "Kate," as she's often called, drawing near Bennett Spring.

Johnson has written 34 books on art, nature, and history; she was contributing editor to *Country Living Magazine* as well as for *The Artist's Magazine* and *Watercolor Magic*. Her work has appeared in many other national magazines, including *Sierra* and *Sports Afield*.

She built a tiny retreat in the woods near her home in the late 80's and wrote a book about the process called *The Naturalist's Cabin*, which was featured in the *Missouri Conservationist* in the September 1994 issue.



May

Junior Duck Stamp

We are proud to display the winning artwork from Missouri's 2012 Junior Duck Stamp Contest. Visit the nature center to view the 1st, 2nd, 3rd, and Honorable Mention entries from this contest.

For the Little Ones...

Connect with nature through exciting and age-appropriate opportunities.

Registration is required and begins the first of each month in which the program is offered. 573-526-5544

May – Fish Is Fish

"... and fish is fish and that's that!" So writes Leo Lionni in his classic book, *Fish Is Fish*. They are not frogs. They are not birds. Fish is fish and we will explore their watery world this month.

June – Beetle Buddies

Make a buddy and learn about beetles. Beetles come in different colors, shapes, and sizes with interesting ways of behaving. Some are red with black polka dots, some have rhinoceros horns on top of their head, and others roll poop. Join us and buddy up with a beetle.

Babes In The Woods

Children ages 0 through 2 years of age

May 9 • Thursday • 10 AM
May 22 • Wednesday • 9 AM

June 11 • Tuesday • 10 AM
June 21 • Friday • 10 AM

Little Acorns

Children 3 through 6 years of age

May 11 • Saturday • 10 AM
May 14 • Tuesday • 10 AM

June 12 • Wednesday • 10 AM
June 20 • Thursday • 6 PM

Little Acorns PLUS

*If you have a child that is in the **Babes AND** one in the **Little Acorns** this is for you.*

May 15 • Wednesday • 10 AM
May 23 • Thursday • 10 AM

June 8 • Saturday • 10 AM
June 25 • Tuesday • 10 AM

Conservation Kids' Club

A club created for kids 6–12 years who love to explore nature and learn about wildlife.



Stream Team Clean-up

May 21 • Tuesday • 6:30–8PM

Registration required (May 1 through May 17)

Dear CKC Member,

You are invited to our annual stream team clean-up on Wear's Creek. Let's wade in the water, pick up trash, and scoop for "live" aquatic insects. Then take a break with me and drink our famous MUDDY FLOAT.

P.S. Don't forget to wear old clothes and shoes to get wet and muddy.

Naturally,



Bubba, the tree frog

No June Meeting – Bubba goes on a vacation in JUNE! See you in July

Parents/Guardians! While big brother/sister attends Conservation Kids' Club, **your preschooler (3 - 6 years of age)** can be involved in a program at the same time. When you make your reservation, please provide the name of each member, their age, and the number of siblings attending the Little Acorns program to help us better prepare.

Runge Calendar of Events - May

Get outdoors and experience what nature has provided for you.



May Events

Registration begins May 1.

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Wonders Down Under: Missouri's Freshwater Mussels

May 2 • Thursday • 6:30–7:30 PM

No registration required (ages 8 and up)

Stephen E. McMurray, Missouri Department of Conservation Resource Scientist, dives into the fascinating underwater world of Missouri mussels (aka clams). Discover the importance of these unique animals in our Missouri waters and what you can do to help maintain their existence.

What's Going On? May Flowers

May 4 • Saturday • 10 AM–2 PM

No registration required (all ages)

Inside and out, our focus is on FLOWERS today at Runge. Walk a trail or participate in the lobby activities. Either way, enjoy a spring day full of flowers.

Beginning Map and Compass

May 7 • Tuesday • 6–7:30 PM or

May 14 • Tuesday • 6–7:30 PM

Registration required (all ages)

How do you navigate with a compass? Learn the basics of using a map and compass during this workshop. Bring your compass or use one of ours, and be prepared to go outdoors.

River Bluffs Audubon Society Presents:

Missouri's Prairie Legacy

May 9 • Thursday • 7–8 PM

No registration required (adults)

Some of Missouri's prairies remain—they are a gift from the past! Come hear about prairies in the state and their future. Carol Davit, Executive Director of the Missouri Prairie Foundation, will speak on Missouri's prairies and other native grassland communities. Her presentation will focus on the wildlife and people that benefit from our wonderful prairies.

What's Going On? Happy Mother's Day Celebration

May 11 • Saturday • 10 AM–2 PM

No registration required (all ages)

Celebrate and make memories with mom (or special person) at Runge. There will be nature cards to make, stories and crafts to enjoy, games to play, and leisurely walks to take. Mom needs a break. Bring her to Runge and relax.

Nature's Needlers

May 16 • Thursday •

10:30 AM–Noon • 6–7:30 PM

Registration required (ages 18+)

Join us for the fifth in the *Wetlands* series - the Water Lily. In some ways we could call this aquatic plant the beauty and the beast. Join us to learn why and also to create a beautiful quilt block.

Story Tree...On the Trail

May 23 • Thursday • 6 PM

No registration required (all ages)

Walk our Naturescape Trail this evening and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

Calling All Hikers

Runge Hiking Club, Midweek Trekkers, and Nature Walks are volunteer-led programs designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we'll meet at the nature center, carpool to one of Missouri's choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

Nature Walks: Prairie Garden Trust

May 11 • Saturday • 8 AM–Noon

Registration required (8 years of age and older. Children must be accompanied by an adult.)

The **Prairie Garden Trust** is a serene and beautiful piece of land near New Bloomfield. Join us to explore several ecosystems including a restored prairie and a woodland heron rookery. Hike will be 2 1/2 miles long.

Midweek Trekkers: Paddy Creek Wilderness

May 15 • Wednesday • 8 AM–5 PM

Registration required (adults)

This month we'll travel to **Paddy Creek Wilderness** located in Texas County near Licking and hike 8 miles (*****). Bring lunch.

The Runge Hiking Club: Weldon Springs Conservation Area

May 25 • Saturday • 8 AM–5 PM

Registration required (adults)

Join us as we travel to **Weldon Springs Conservation Area** east of St. Louis, to hike the Clark Trail (6 miles, ****). This hike will be a geocache hike. Bring lunch.

Trail rating system

*Easiest trail **Moderately Easy

***Moderate

****Moderately Difficult

*****Difficult

discover nature programs...

•Help Missourians discover and explore nature

•Provide expert instruction and hands-on activities

•Are available statewide



Runge Calendar of Events - June

Get outdoors and experience what nature is sharing with you.

June Events

Registration begins June 1

Programs are free. Call 573-526-5544 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Story Tree...On The Trail

June 6• Thursday • 6 PM

No registration required (all ages)

Walk our Naturescape Trail this evening and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

Cardinals & Coffee - A Bird Walk

June 13• Thursday • 8:30-10:30 AM

Registration required (adults)

Join a naturalist for bird watching and shade-grown coffee. We will walk Runge's trails looking for sights and sounds of birds. A few binoculars and identification books will be provided.

Story Tree...On The Trail

June 15• Saturday • 10 AM

No registration required (all ages)

Walk our Naturescape Trail this morning and meet a volunteer naturalist - or two - ready to share a favorite nature story with you.

What's Going On? Happy Father's Day Celebration

June 15• Saturday • 10 AM-2 PM

No registration required (all ages)

Celebrate by making dad (or special person) a nature card. Then, take dad FISHING at Runge's Raccoon Runge Spur pond. This will be a catch and release event. Remember, you need a fishing permit if you are 16 or older. Poles and worms will be provided.

Teen Club: Archery

June 18• Tuesday • 1-3 PM

Registration required (ages 12 through 18 years)

National Archery in the Schools Program (NASP) is a very effective way to teach archery and is used in many of our local schools. We will be using the NASP method for this introduction to the sport of archery. Instruction will begin indoors and then we will spend time outside testing our archery skills. Come prepared to be involved. You will find it irresistible!

Off-site Exhibit: Family Fun Fest: Explore Outdoors

June 19 • Wednesday • 6-8 PM

Location: Flat Branch Park, Columbia

No registration required (all ages)

Enjoy the annual Family Fun Fest at Flat Branch Park in Columbia. Stop by the Runge exhibit and explore our *Mussel Madness* activities.

Nature's Needlers

June 20 • Thursday •

10:30 AM-Noon • 6-7:30 PM

Registration required (ages 18+)

Half-way through the year our attention rests on the Great Blue Heron. A favorite of birdwatchers, this bird's magnificent stature lends itself well to creating our sixth quilt block in the *Wonderful Wetlands* series.

What's Going On? OUCH! Stinging Insects

June 22 • Saturday • 10 AM-2 PM

No registration required (all ages)

Explore the amazing lives of Missouri's stinging insects including bees and wasps. Discover the importance of these creatures through activities, displays, and videos.

Calling All Hikers

Runge Hiking Club, Midweek Trekkers, and Nature Walks are volunteer-led programs designed to provide opportunities for people to hike Missouri trails and learn about our plants, animals, and natural communities. Each month we'll meet at the nature center, carpool to one of Missouri's choice hiking spots and hike one or two of the best trails. Bring water, wear comfortable hiking shoes, and come dressed for the weather.

Nature Walks: Edgewood Trail

June 8 • Saturday • 8 AM-Noon

Registration required (8 years of age and older. Children must be accompanied by and adult.)

Join us to explore a little piece of nature right here in Jefferson City. Bluebirds should be nesting in the area.

Midweek Trekkers: Bennett Spring State Park

June 19 • Wednesday • 8 AM-5 PM

Registration required (adults)

We will travel to **Bennett Spring State Park** near Lebanon, MO and hike the Natural Tunnel Trail (7.5 miles, ***) to find one of the largest natural tunnels in the state. Bring a flashlight if you want to explore inside the tunnel. Bring lunch.

The Runge Hiking Club: Mark Twain State Park

June 22 • Saturday • 8 AM-5 PM

Registration required (adults)

Mark Twain Park is located near Monroe City and Mark Twain Lake. We will hike the Post Oak Trail (1.75 miles, ***) and Dogwood Trail (2.25 miles, ***) as we explore this state park. Bring lunch.



Free Fishing Days, June 8 & 9, are a great time to introduce family and friends to the joys of fishing. No permits or prescribed area daily fishing tags are required for this weekend.

Calling All Photographers

What have you seen at Runge?



Donna Wankum

Last call for the 20th Birthday Photo Exhibit

Runge will be celebrating 20 years as a part of the Jefferson City community this July. If you have captured some of your outdoor excursions at Runge on camera, now is your chance to share them with us and others in the community.

You are invited to submit up to three photographs taken at Runge any time between July 1993 and June 2013. We will pick the best of the best and exhibit them in our lobby during the month of July 2013.

Entries need to be printed on quality 8" x 10" photo paper. We will mount them. Please put your name and contact information on the back of your photos. It would be fun to title your photograph so we know where it was taken at Runge. You have until June 1, 2013 to submit photos. Drop them off at Runge Conservation Nature Center or mail them to Runge Nature Center, PO Box 180, Jefferson City, MO 65102.

MDC Free Regional Workshops

Discover Nature: Basic Bowfishing for Youth May 4 • Saturday • 9 AM-4 PM

(ages 10 to 17 years) Participants will learn the basics of bowfishing safety, techniques, fish identification, equipment, regulations and much more. This program will consist of classroom lessons followed by a field trip.

To make your reservation call 573-815-7901 ext. 3388 (Brian Flowers)
Location: Harry S. Truman State Park, 28761 State Park Road, Warsaw, MO

Discover Nature: Youth Squirrel Hunt

June 14 • Friday • 6-9 PM and June 15 • Saturday • 7-11 AM

(ages 10 to 15 years) Participants will learn the basics of hunting safety, techniques, equipment, regulations and much more. This program will consist of classroom lessons followed by a mentored squirrel hunt.

To make your reservation call 573-815-7901 ext. 3388 (Brian Flowers)
Location: Missouri Department of Conservation Regional Office, 3500 East Gans Road, Columbia, MO

Discover Nature: Campfire Cooking August 31 • Saturday • 9 AM-1 PM

(all ages) Participants will learn to prepare an entire meal using camp ovens, smokers, and campfire cooking skills. Lessons will include the proper tools and utensils for campfire cooking, care and cleaning of cast iron, and of course sampling of the food that is prepared. This program is open to families and campfire chefs of all ages.

To make your reservation call 660-837-3330 (Cindy Imhoff) or email: ArrowRockStateHistoricSite@dnr.mo.gov
Location: Arrow Rock State Historic Site, Campsite #13 in the Campground, Arrow Rock, MO

For additional information about these Regional workshops contact:
Central Regional Office and Conservation Research Center
3500 E. Gans Road, Columbia, MO 65201
Phone: 573-815-7900
Fax: 573-815-7902

What's Going On? Programs and activities at Runge Nature Center

Every Saturday At Runge 10 AM–2 PM *No registration required (all ages)*

The Runge Nature Center offers exploratory tables, activities, and/or crafts every Saturday throughout the year. Stop in to see what adventure awaits you during our "What's Going On?" at the nature center.

Camp F.I.R.E.

Fun In Resource Exploration

This year we will focus on Missouri's Prairie community. Plunge into the prairie and see it in a new and amazing way. Imagine what life was like as an early prairie pioneer. Discover hunting as you learn the art of archery. Discover nature as you look, listen, and play.

On Saturday morning, we encourage your child's favorite big people (parent/caregivers) to join us at Runge so they can teach you some of their new-found skills. More details are listed to the right. Hope to see you at Camp!

DATE

June 4-8, 2013

TIME

Tuesday – Friday • 9 AM - 3 PM
Saturday • 9-11AM

WHO

Camp F.I.R.E. is open to youth 9 through 12 years of age.

HOW

A completed permission form is your registration for the camp. Registrations will be accepted through May 9th. Use the form or call us at 573/526-5544 and we will mail you one.

LIMITS

Camp F.I.R.E. is limited to 30 youth. Due to the popularity of this camp, a lottery drawing will be held to determine participants. Successful campers will be notified by May 14th.

I give (name) _____ (age) _____, (name) _____ (age) _____

permission to participate in CAMP F.I.R.E sponsored by Runge Conservation Nature Center, June 4–7 • 9AM - 3PM and June 8 • 9–11AM. A complete schedule of events will be mailed to you prior to the beginning of camp.

Please list any special considerations including allergies or medications for your child(ren) that our staff need to know about.

I understand that in case of an emergency a nature center staff member will contact (name) _____, who can be reached at (phone #) _____.

Parent/Caregiver Signature: _____ Date: _____

Address: _____

Phone: _____ E-mail: _____

Note: Daily attendance is expected and parent/legal guardian participation on Saturday is strongly encouraged.

Return completed application to: Runge Nature Center, CAMP F.I.R.E., PO Box 180, Jefferson City, MO 65102



Save the Date...

July 13

10 AM—3 PM

Happy Birthday

Runge Conservation Nature Center

— Your natural connection for

20 years